

10-Minute Screen Battle Pattern Check

Find tonight's highest-friction screen moment and choose one calmer off-switch routine.

Free starter from Screen Time Sanity.



Built from the Screen Time Sanity market-opportunity thesis: the gap is not another warning or monitoring app; families need a light, usable routine they can actually follow.

For planning and family communication only. Not medical, mental-health, developmental, or legal advice.

Step 1 - Pick the battle

Moment	Device	What happens	Intensity	Times/wk

Circle the ONE moment with the highest combination of intensity + frequency.

Step 2 - Build tonight's off-switch

Screen can start when...	
10-minute cue	
2-minute cue	
Off-switch action	
Next activity	
What I will say if my child is upset	

Step 3 - Use this calm script

10-minute cue: 'You have 10 minutes left. Decide what you want to finish before time is up.'

2-minute cue: 'Two minutes. Save, finish the round, or choose your stopping point now.'

Off switch: 'Screen time is finished. What is your next step: ____ or ____?'

If upset: 'I hear that stopping is hard. The plan is still the plan. I can help with the next step.'

Do this for 3 nights before adding more rules.

What the paid system adds

The full Screen Time Sanity system adds a complete family assessment, weekday/weekend routine builder, printable family agreement, custom scripts, exception protocol, sibling-specific plans, weekly tracker, family-meeting agenda, and reset playbook.

Free asset boundary: this starter fixes one recurring transition. The paid system coordinates the whole household plan.